

AAUW hosting nutrition talk

June Denney, a registered dietician as well a fitness instructor at Lake Tahoe Community College, will give a talk Feb. 7 from 10am-noon in the board room of the college.

She will discuss the three things people can all do to achieve ideal body weight, reduce risk factors for disease and increase longevity.

The talk is put on by the American Association of University Women.

The talk is free, but brunch is \$3. RSVP to Christy at 530.542.8748.